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This is the healthiest food in the world, it can lower cholesterol and blood pressure, protect you from heart attack and stroke, strengthens the heart

Dates have a wide range of health and nutritional values, and therefore many say it is the healthiest fruits in the world. There is almost no disease for which dates are not a good remedy.

Dates are excellent source of iron

Anemic patients should eat more dates because they are an excellent source of iron. About 100 grams of dates contain about 0.90 mg of iron, which is about 18% of the daily requirement.

See also: [Here's what Would Happen to your Body if you Eat two Bananas a Day for a Month!](http://www.finelivingadvice.com/two-bananas-a-day-for-a-month/) (<http://www.finelivingadvice.com/two-bananas-a-day-for-a-month/>)

Stops diarrhea

Dates contain potassium which is useful in stopping diarrhea. Additionally, the dates helps the intestinal flora quickly to recover. With regular consumption of c

Natural remedy for constipation

Just like they stop diarrhea, the dates can help the food digest faster and easier. It is necessary to put few dates at night in clean water. Let them stay overnight and eat them in the morning.

Regulates body weight

Due to the large amount of nutrients, dates causes a feeling of satiety and help in the process of weight loss. If you eat dates on an empty stomach, it will regulate your appetite.

Will lower your cholesterol level



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Lower Cholesterol Foods

Find Out Which Foods Help to Lower Cholesterol Levels. Search Now! Go to [webcrawler.com](#)



Lower Blood Pressure Fast

100% Natural, Safe, and Effective. Money Back Guarantee. Free Shipping Go to [systolex.com/BloodPressure](#)



3 Harmful Foods

3 harmful foods that are the root of all your stomach problems Go to [nucific.com](#)



4 "Health" Foods to Avoid

Say goodbye to gas, bloating, brain fog and blemishes by avoiding these 4 foods Go to [silenceyourcravings.com](#)



Best Knee Routine for 55+

Doctors reveal the secret to better knees & joints – Do this daily! Go to [instaflex.com](#)



Lower Your Blood Pressure

7 Ways To Lower Your Blood Pressure Naturally Go to [medixselect.com](#)



Silent Heart Attack Signs - Revealed by Top Doctor

Your Body Will Send 4 Signals That A Silent Heart Attack Is Coming. Go to [w3.hearthealthreport.com](#)



Flush Out Cholesterol

Don't Just Block Cholesterol. Remove it! USDA Developed Solution. Go to [lowercholesterolnaturally.futureceuticalsdi...](#)



3 Signs of a Fatty Liver

Watch Now Go to [deepfatsolution.com](#)



Dates have the ability to reduce the level of LDL – the bad cholesterol in the body. Therefore, this is a gn

They will strengthen the heart

People with weak heart can use this amazing fruit for better health. Place a handful of dates with seed in

Dates can lower high blood pressure

See also: The Great Amish Secret : A Drug that Cures many Diseases Including Cancer (<http://www.fine>

Dates are very suitable food for people suffering from high blood pressure. They contain very little sodiur

Dates protect you against stroke

One of the key advantages of dates is their ability to regulate the operation of the nervous system, mainl

What others are reading

68-year-old Grandma Gets Her 35-year-old Face Back. (see Photos)

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Men, You Don't Need Viagra if You Do This



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d=lyxmp0so96GxkiFidRPzVIZeMvQ%2FyNWIDDazaMBBK8REegTq9lMUAZsH6wJ%2BzS%2B3xGEO2SvnkU0ONqCXzVlnNoAZaFcVreJvOY1uxZ52xH3S(

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